

SELF-QUESTIONNAIRE

STRENGTHS, SKILLS AND NATURAL TALENTS

My personal strengths (characteristics):

Things I am good at doing, come easily to me or I have a knack for are:

Others would say I'm good or an expert at:

If I had to teach someone something, I could teach:

Natural talents I may have, that I may not be using yet are:

PERSONAL INTERESTS

My favorite things to do when I was little:

My favorite things to do nowadays:

My favorite things to talk about are:

My favorite books are: _____

My favorite movies are: _____

The books or movies that inspire or move me the most are: _____

Because _____

JOY AND MEANING

What makes me feel great about myself is:

What really matters to me is:

What gives me a sense of satisfaction or fulfillment is:

What I find most meaningful in my life is:

MY LIFE VALUES

What I value in life, what has the most meaning for me:

Who do I admire the most? Who has achieved goals I would like to achieve? Life values of person I admire the most:

DREAMS AND DESIRES

What I have dreamed of doing or being (regardless of others' opinions):

What I think I might like to accomplish in my life is:
